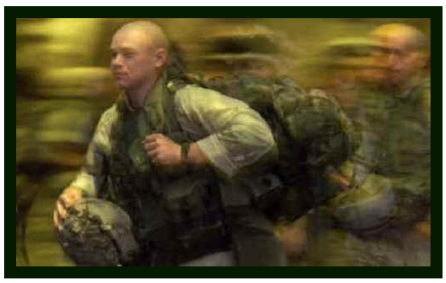
OPERATIONAL STRESS

STEPS FOR NCOs & LPOs

Common Signs of Operational Stress

- Headache
- Fatigue
- Shakiness, trembling
- Upset stomach
- Insomnia
- Anger, irritability
- Anxiety, fear
- Loss of confidence
- Poor concentration
- Alcohol abuse/drug abuse

Serious Signs of Operational Stress

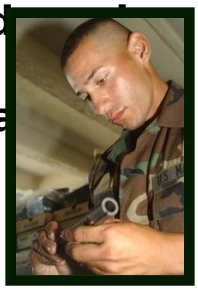


- Exhaustion
- Confusion
- Social Isolation
- Apathy
- Panic
- Freezing under fire
- Memory Loss
- Suicide
- Bizarre behaviors
- Misconduct

When Tactical Mission and Safety Permit

- Set the example, stay calm and in control
- Keep team focused on mission
- Assign tasks according to abilities and tra
- Remind others that stress is normal
- Keep all informed, explain situation and objectives, do not hide unpleasant possibilities and put them in perspective
- Get the facts and control rumors
- Tell others what is expected of them and prepare for the unexpected

- Drink plenty of water, prepare warm food & make sure everyone eats
- Ensure all dry off, cool down, warm up, and
up!
- Practice relaxation techniques and encoura
others to do so as well!
- Keep busy, clean up gear and weapons
- Always get enough rest and sleep!
- Ensure that all are physically fit



- Lead tough realistic training and prepare for the next one!
- Maintain discipline, lead by example and inspiration, not by fear and intimidation
- Debrief the unit after a hard mission. Have everyone tell what they saw and did, and resolve any misunderstandings
- Let feelings be expressed and accepted as normal, then move on to next mission

- Check for operational stress symptoms & casualties
- If concerned about a team member's reliability and safety, unload weapon and escort to BAS for evaluation